

Amendments to the Specification:

Please add the following paragraph as the first line after the title:

RELATED APPLICATIONS

This is a National Stage of International Application Number PCT/KR2004/002992, filed November 18, 2004, which claims priority to Republic of Korea Application 10-2003-0087760, filed December 4, 2003.

Please add the following paragraph beginning at page 4, line 21:

In a different method of the technique, 30-70 wt% of cooking water is first added prior to the cooking process, and the residual amount of the cooking water is added before the wrapping.